

# Instruction Manual

Model #:PT500



[www.pure-therapy.com](http://www.pure-therapy.com)

# SAFETY INSTRUCTIONS

## IMPORTANT SAFETY INSTRUCTIONS

PLEASE READ BEFORE OPERATING THE PT500

### **WARNING: To reduce the risk of burns, fire, electric shock or injury to persons:**

- Do not put small body parts near the rollers
- Do not use this product around any water or damp areas; also make sure your body is completely dry before sitting in the chair
- If the power cord is damaged, do not use the chair. Make sure that the power cord is replaced by the manufacturer before you use the chair again
- Periodically inspect the chair and power cord for signs of damage such as cracks or tears
- Only one person can use this chair at a time, more than one person can cause damage or result in injury
- Do not pull on the power cord or push the back rest to move the chair. Follow the directions on how to move the chair as described in the manual
- This device is for indoor use only, do not use it outdoors
- Make sure the chair is turned off and unplugged when not in use
- Do not massage any swollen, injured or inflamed body parts
- Do not stand on the chair, only sit in it
- Do not use the chair with a blanket or cushion over top of yourself or the chair. This can cause a heating problem and result in a fire or electric shock
- Use this product only for its intended uses that are described in the manual
- Only use attachments that are recommended by the manufacturer
- Avoid eating or drinking while seated in the chair as crumbs and spilling may cause damage to the fabric and mechanisms within the chair
- Make sure all controls are turned OFF before disconnecting the chair from a power supply
- Do not put the power cord near hot surfaces as this can damage the power cord and result in fire or electric shock
- Do not use this product if there is unfamiliar noise or noise above the normal operation
- Connect this appliance to a grounded outlet only
- Do not insert objects into any openings
- Do not operate where oxygen or aerosol products are used
- Only an experienced technician should perform maintenance on the chair, do not try to do it yourself
- The maximum weight is 265 lbs

### **Precautions**

- Comfortable clothing is recommended when using this product, do not use on bare skin
- Do not force any body parts into the back rest while the rollers are moving, this can cause injury and/or damage to the chair
- If you feel any abnormal discomfort while the chair is operating, turn off the power supply immediately and only use the product once you have consulted your physician
- Do not sit on or put pressure on the remote control
- Do not pull on the power cord
- When using this product after it has been in storage, check to see that the product is operating properly prior to use

### **Care and Maintenance**

#### **Main Body of Chair**

- To remove dirt from plastic parts and armrests, wipe area with a damp cloth using a mild cleaning agent, wipe fabric exterior with damp cloth
- Do not use alcohol, caustic agents or detergents to avoid damage, discoloring or splitting of the fabric
- Clean with a soft damp cloth; do not clean with any coarse materials or strong chemicals as this can damage the fabric of the chair

#### **Remote Control**

- Wipe remote control with only a dry cloth
- Never use damp materials to clean remote.

#### **Back rest Cushion and Head rest Cushion**

- If the back rest cushion and/or head rest cushion are dirty, clean with a damp cloth or mild cleaning agent and leave out of chair until dry

#### **Storing Method**

- After cleaning chair, keep in a dry place, avoid excessive heat or cold. If you are storing the chair for a long time, cover with sheet or plastic to avoid it getting dusty or dirty

**WARNING:** *Make sure that the outlet which the power cord is plugged into is grounded; improper grounding can result in injury or a product malfunction.*

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## Reap the Health Benefits of Massage

Massage has been proven to improve and maintain the body and mind. Doctors say a daily dose of massage—like eating a healthy meal—causes positive activity within your body. With the PT500 you will benefit from improved blood and lymphatic circulation, flexibility, quality of sleep and body awareness. Enjoy increased range of motion, enhanced relaxation and elevated mood. Reduce your stress, pain and severity of injuries with regular massage therapy.



# INTRODUCTION



Congratulations on your purchase of the PT500 and taking a step towards a stress free life. Pure Therapy's 500 Series massage chair is like having a personal massage therapist at your fingertips 24/7. Designed to suit any home décor, the PT500 was engineered to be an elite massage chair that will make you feel mentally and physically relaxed after each use. Four powerful motors can provide you with a deep tissue massage or a soothing light massage. You can also get an invigorating foot rub with a slight adjustment of your leg rest. Choose from a variety of pre-programmed massages or customize your own and enjoy all the benefits of massage therapy. Select from several massage techniques like kneading, tapping, pressing and knocking. Massage your upper body and enjoy a lower body massage of your calves simultaneously. Sit upright or recline completely and prepare for a massage that normally could only be provided by a trained massage therapist. The cost of visiting a massage therapist every day could be over \$20,000 in just one year. Your body is an investment that you cannot ignore. Live a better life with a relaxed body and mind.

## WHAT'S INCLUDED



Massage Chair



Remote Control



Instruction Manual



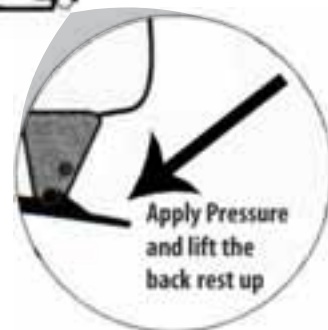
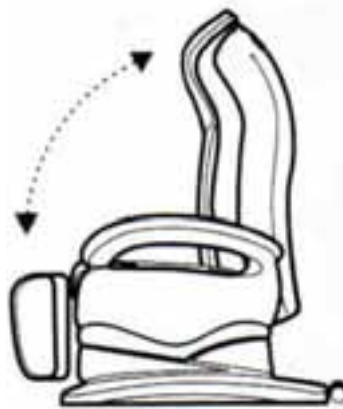
24/7 Lifetime Live Customer Support

Model #: PT500

# GETTING STARTING

## *To Get Started:*

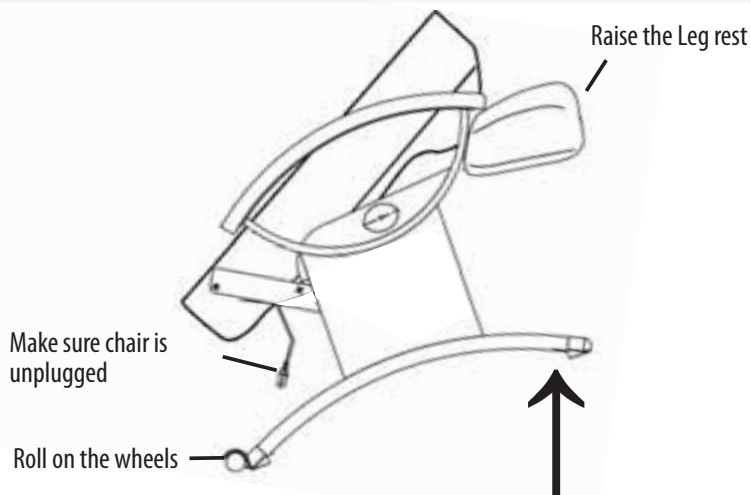
1. Carefully open the top of the box.
2. Remove box from the bottom lid and remove chair. The back rest for the chair will be folded forward .
3. Open the chair up by carefully pulling the lever under the back of the chair; make sure the back rest and foot rest are free of hands and/or other foreign objects.
4. Attach back rest with zipper and head rest with the Velcro
5. Plug power supply cord into a grounded, surge protecting power bar.
6. Make sure that there is enough room for the chair to fully recline to the horizontal position without any obstacles in the way.
7. Turn power switch on the back left of the chair to the ON position.



## MOVING AND LIFTING

### *Moving the Chair*

1. Make sure the master power switch is off (located at the back of the chair) position and unplugged with the cord safely out of the way.
2. Make sure no objects are in the way or resting on or around the chair.
3. Pull the lever located on the bottom of the chair at the back and fold the back rest inward.
3. Lift the foot rest so that the chair is resting on the wheels on the back of the chair.
4. Push or pull the chair to where you would like it to be moved.
5. Do not use back rest, seat or cord to move the chair.



### *Lifting the Chair*

1. Ask another person to assist you.
2. Have one person lift the leg rest and another lift by the back of the chair. Be sure to lift with your legs and not your back.
3. Lift carefully to avoid dropping the chair or causing injury.



# POWERING ON

## To Power On:

1. Make sure that the chair is plugged into a grounded power source. We recommend using a surge protected power source.
2. Flip the switch located on the back of the chair to the ON position.
3. With the remote control press the power button. The chair will turn on and begin a combination massage on your upper body.
4. The leg rest massager functions are separate from the back massager functions. To turn the leg rest massage on; press the start button located on the lower body section of the remote.



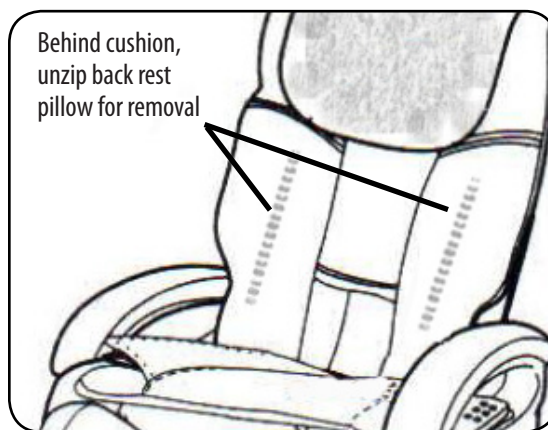
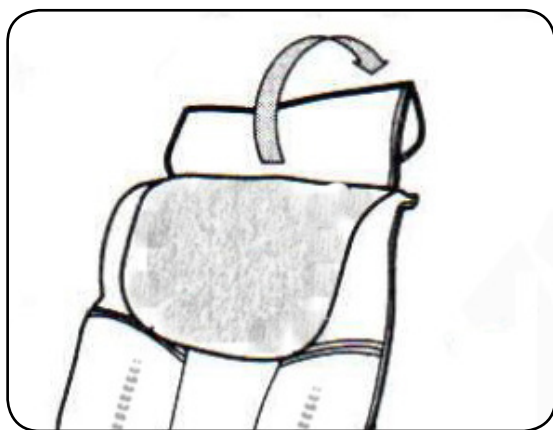
*Note: Each time the chair is powered off the default settings are restored which will allow for automatic mode to start up when the chair is powered on the next time. It is normal to hear multiple beeps while the chair is powering on*

## HEAD REST CUSHION ADJUSTMENT

The head rest pillow and back rest pillow can be removed from the back of the chair. Removing them will increase the intensity of the massage.

### To Remove/Add the Cushion:

1. Flip back the head rest pillow for temporary removal or peel it away from the Velcro to completely remove it from the chair.
2. For a more intense massage on entire back area, unzip the cushion compartment which is located in the back rest.



3. Remove the cushion.
4. Reinsert the back rest and/or head rest cushion if you would like to decrease the intensity of your massage.

# ADJUSTING CHAIR POSITION

The PT500 allows you to adjust the way you are resting in the chair with the push of a button. You can adjust the back rest and leg rest at the same time, or you can adjust the leg rest on its own.

## **Leg Adjustment:**

Pressing the arrow pointing up will bring the leg rest up. Pressing the arrow pointing down will bring your legs down and towards the ground in the default position.



## **Back and Leg Adjustment:**

The up arrow button will bring the chair up to a sitting position and the down button will cause the back rest to recline. The PT500 is able to recline up to 160 degrees.



- Once you have adjusted the back rest properly you can move the leg rest to any position you would like

## ADJUSTMENT BUTTONS

### BACK STRETCHING

This button allows you to pick a particular section of your back to be massaged. Each time you press this button the light, located above the button, will indicate which setting you have activated. The areas are as follows:

- **Overall:**

This option will massage your entire back; this includes your upper back, lower back as well as neck and buttocks



- **Fixed:**

The fixed option allows you to personally choose the location of your massage. To select the area you want the massage to concentrate on, use the roller positioning buttons. This allows you to pinpoint any sore areas or knots you want targeted



- **Partial:**

The partial massage option will concentrate the massage on either the top half or the bottom half of your back. The half that will be massaged will be based on the roller positioning that you have set





# ADJUSTMENT BUTTONS continued

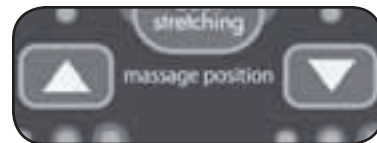
## SHOULDER POSITIONING:

These adjustment buttons allow you to adjust the rollers to suit your height. When the rollers are sitting directly on your shoulders, they will be ideal for your specific height. Press the up arrow to move the rollers up the backrest of the chair and press the down arrow to lower the rollers. As you are adjusting the rollers, you will feel them moving up/down the chair.



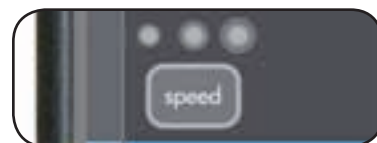
## ROLLER POSITIONING:

The up arrow will move the rollers up towards your neck and the down arrow will move the rollers down towards your lower back. As you adjust the rollers, you will feel them moving up and down your back. The back positioning function works while receiving any type of massage except for any automatic modes.



## SPEED:

Pressing this button changes the speed of the massage. There are 5 levels of speed and the lights above the speed button will indicate how fast or slow the massage is going. The first light is the slowest speed and the last light is the fastest. You are able to adjust the speed while receiving any type of massage except while using the automatic modes. The faster the speed, the more intense the massage will be. A more intense massage is good for muscle pain, while a slower massage is more soothing and good for relaxation.



## WIDTH:

Pressing this adjusts the width between the rollers. You can have the rollers positioned on the outer edge of your back, which focuses on the shoulder blades, or the muscles around your spine. You can adjust the width of the rollers during the following massages:

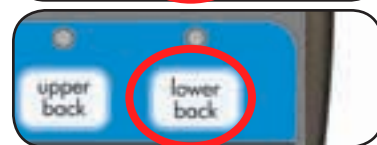
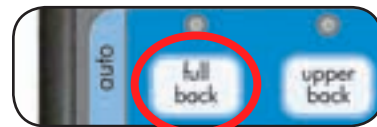
1. Flap
2. Press
3. Knock



## AUTO/DEFAULT MODE

The PT500 comes equipped with automatic massage functions. All the functions are a combination of the massages offered. When you are using any of the automatic massages, you can adjust the locations of the massage, but not the speed or width of the rollers.

- 1. Full Back:** Messages your entire back.
- 2. Upper Back:** Concentrates the massage on your neck, shoulders, and upper back.
- 3. Lower Back:** Messages your lower back and waist.





# MASSAGE TYPES

With the PT500 you can create your own personal massage. There are five massage types you can receive individually. This allows you to decide on which massage will be best for your particular body and your particular massage needs.

## SHIATSU KNEAD



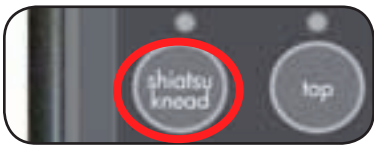
Shiatsu neck kneading is a massage technique that works in a circular motion on both sides of your spine. Kneading massages are good for a sore or knotted neck, often caused by straining or looking at a computer screen for a long period of time. The PT500 allows you to adjust the area of your back being massaged as well as the speed of the kneading. For a relaxing massage have the kneading on the slower speed and for a more intense massage adjust the speed to fast.

### *To turn on the kneading function:*

1. Turn the PT500 on.



2. Press the "shiatsu knead" button on the remote.



3. Select which area of you back you would like massaged with the back stretching and/or massage positioning buttons.



4. Adjust the speed of the massage with the "speed" button. If you would like an intense massage adjust the speed to go fast and if you would like something more soothing adjust the speed to move slower.



## TAP



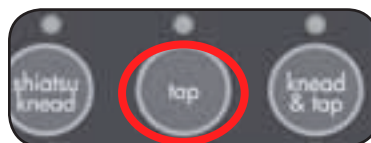
Tapping is a series of fast paced percussion strokes which are good for increasing blood circulation and relieving the sore muscles in your back caused by stress.

### *To Turn the Tapping Function On:*

1. Turn the PT500 on.

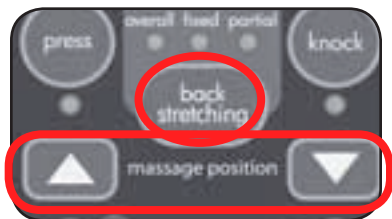


2. Press the "tap" button on the remote control.



## TAP continued

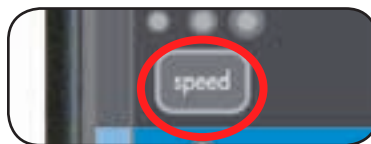
3. Select which area of your back you would like massaged with the back stretching and/or massage positioning buttons.



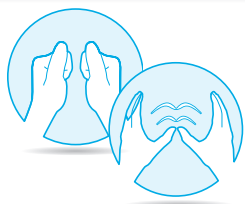
4. For a more particular adjustment you can adjust the width from the outer edges of your back all the way towards the spine area using the width button on the remote.



5. Adjust the speed you would like the massage to be with the speed button. If you would like an intense massage adjust the speed to go faster and if you would like something more soothing adjust the speed to move slower.



## KNEAD AND TAP



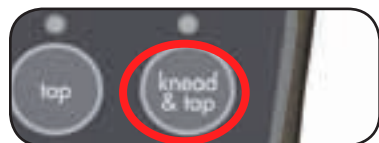
Knead and tap combines the circular motion of Shiatsu kneading and the invigorating massage offered with tapping. This is a specialized massage that human hands could not do. It is mainly specialized for upper back pain, as most upper back pain is caused from a combination of sore muscles and lack of circulation.

### To Turn the Knead and Tap Function On:

1. Turn the PT500 on.



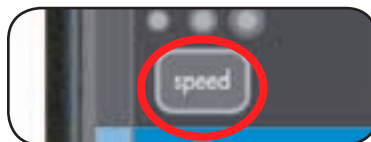
2. Press the "knead and tap" button on the remote control.



3. Select the area of your back you would like massaged with the back stretching and/or massage positioning buttons.



4. Adjust the speed you would like the massage to be with the speed button. If you would like an intense massage adjust the speed to go faster and if you would like something more soothing adjust the speed to move slower.



# PRESS



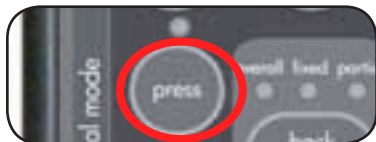
This massage option is a slower pressing motion that simulates the massage technique called cupping. Cupping is best for deep tissue massage therapy. The PT500 allows you to adjust the position, roller width, and speed of the pressing function during a massage.

## ***To Turn the Press Function On:***

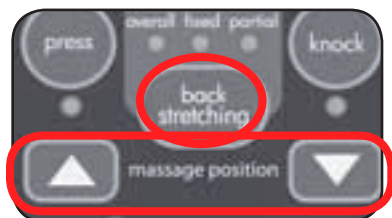
1. Turn the PT500 on.



2. Press the "press" button on the remote control.



3. Select which area of your back you would like massaged with the back stretching and/or massage position buttons.



4. For a more particular setting you can adjust the width of the rollers from the outer edges of your back all the way to the spine area using the width button on the remote.



5. Adjust the speed you would like the massage to be with the speed button. If you would like an intense massage to relieve pain, adjust the speed to go faster and if you would like something more soothing adjust the speed to move slower.



# KNOCK



The knock massage option simulates the wringing massage technique which is good for shoulder alignment and muscle tension. The PT500 allows you to adjust the position, roller width, and speed of the knocking during your massage.

## To turn the Knocking Function On:

1. Turn the PT500 on.



2. Press the “knock” button on the remote control.



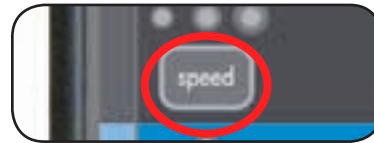
3. Select which area of your back you would like massaged with the back stretching and or/massage position buttons.



4. For a more particular adjustment you can adjust the width from the outer edges of your back all the way towards the spine using the “width” button on the remote.



5. Adjust the speed you would like the massage to be with the “speed” button. The speed for this function should be adjusted to move quickly for lower back areas and slowly when going upwards towards the head.



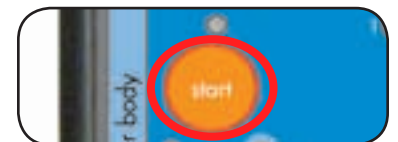
# LOWER BODY



The PT500 allows you to receive a lower body massage; focusing on massaging your buttocks, hamstrings, lower calves as well as your feet. The leg rest massage simulates a draining massage. A draining massage works to relax muscles and stimulate circulation by applying and releasing pressure.

## Start:

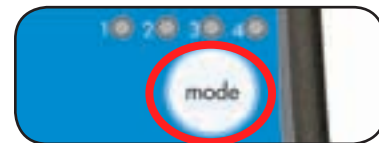
Press the “start” button to begin the lower body massage. The massage will automatically start using the first mode. The lower body massage operates separately from the back rest, so you can enjoy it on its own or in conjunction with a back massage.



## Mode:

The PT500 offers four unique massage modes depending on where you need a massage the most:

- Mode one ( calf, quad and buttocks)
- Mode two (calf, lower quad and buttocks)
- Mode three (calf, upper quad and buttocks)
- Mode four (calf and buttocks)



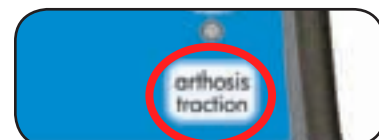
## Intensity:

There are two intensity levels to choose from: high, which is good for a foot rub and low, which is good when you are having a calf massage.

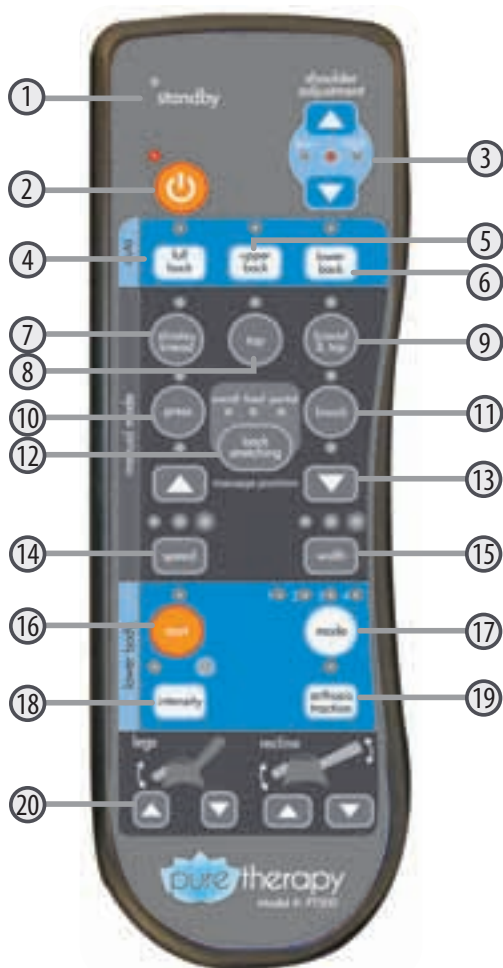


## Arthrosis Traction:

The arthrosis traction option of the PT500 mimics decompression therapy. A gently pulling action elongates the spine and pulls the discs back into shape. This option is great for herniated discs, and arthrosis of the spine.



# REMOTE BUTTONS



- 1. Standby Light:** This light indicates that the chair is plugged into a power source and that it can be turned on to massage your back
- 2. Power:** Turns the PT500 back massagers on and off
- 3. Adjusting Shoulders:** These buttons allow you to adjust where the rollers sit on the back rest so that you can personalize your chair to your body
- 4. Full Back:** Begins a combination massage on your entire back
- 5. Upper Back:** Begins a combination massage on your neck, shoulders and upper back area
- 6. Lower Back:** Begins a combination massage on your lower back and waist
- 7. Shiatsu Knead:** Begins kneading massage
- 8. Tap:** Begins a fast paced tapping action on your back
- 9. Knead and tap:** A unique combination of Shiatsu kneading and tapping
- 10. Press:** This technique is slow, intense and good for deep tissue massage
- 11. Knock:** This massage mimics a knocking effect on different sections of your back in sequences
- 12. Back Stretching:** Allows you to adjust where on your back you would like to be massaged. Choose from: overall, fixed, and partial
- 13. Roller Positioning:** The up arrow will move the rollers up towards your neck and the down arrow will move the rollers down towards your lower back to allow you to personalize your massage
- 14. Speed:** Changes the speed of the massage
- 15. Width:** Adjusts the width of the rollers

## REMOTE BUTTONS continued

- 16. Start:** Begins lower body massage. The massage will automatically start using mode one with high intensity
- 17. Mode:** You can change the speed and direction of the massage. There are four different speed/direction combinations to choose from
- 18. Intensity:** Choose from four unique lower body massage combinations
- 19. Arthrosis Traction:** Gently pulls legs to elongate the spine
- 20. Leg Adjustment:** Raises and lowers leg rest

## KNOWING YOUR MASSAGE CHAIR



- 1. Head Rest Pillow:** The pillow is located at the top of the back rest of the chair and has the neck rollers behind it
- 2. Back Rest:** The back rollers and removable pillow are located in this area
- 3. Back Rest Pillow:** Can removed to adjust the intensity of the back massage
- 3. Seat:** The airbag massagers located in the seat are an excellent way to massage your hamstrings
- 4. Leg Rest :** This moving leg rest allows you to put your calves or feet in the massaging sections on the foot rest for a relaxing massage
- 5. Remote Area:** Safely stores the remote when not in use
- 6. Power Connection**
- 7. Power Switch:** Controls power to the chair



# THE 9-5 MESSAGE

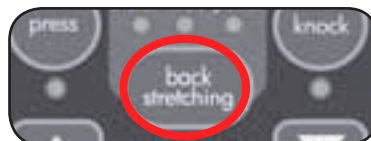
Sitting at a desk and looking at a computer screen all day can be very hard on your back. Pain in the upper back and neck is usually due to the muscles becoming too tight. Tight muscles restrict blood flow in your back, which can make the pain worse. The Shiatsu kneading and back rolling technique can help in relieving the pain as well as stimulate blood flow of those tight muscles.

## *For Upper Back Pain:*

1. Adjust the chair into the lying down position using recline button for the back and leg adjustment.



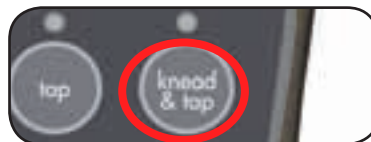
5. Adjust the back rollers to focus solely on the upper back and select a partial massage.



2. Adjust the roller positioning so that your neck is positioned comfortably in between the upper rollers.



6. Turn on the "knead and tap" function by pressing the button. It is recommended to use a medium speed.



3. Make sure your spine is aligned with the center of the back rest so that the rollers focus on the proper muscles.



4. Turn the power to the chair on.



# PRENATAL MASSAGE

Lower back pain is a common problem; it is especially common in pregnant women as they carry their baby low on their body. The lower back massage is great for getting the lower back muscles relaxed and stimulating blood flow to relieve pain.

## *For Lower Back Pain:*

1. If needed, use the recline button to return the chair into a sitting position.



2. Move your body so that your lower back is flush with the back rest.



3. Make sure your spine is comfortably aligned with the center of the back rest so that the rollers focus on the proper muscles.



4. Turn the power to the chair on.



5. Turn the press function on and adjust the speed to low and the width to focus on the outside edges of your back.



6. Set the chair to the overall massage option.



# ATHLETIC MASSAGE

One of the largest complaints in athletes is leg pain. This can be caused by over exertion of the legs, muscle strains, general weakness or even long hours of standing. The leg rest massage modes can help relieve leg pain with gentle air bags that apply the right amount pressure to relieve those sore areas.

## For Leg Pain:

1. Adjust the chair using the recline buttons so that you are sitting straight, with your legs up and stretched out in front of you.



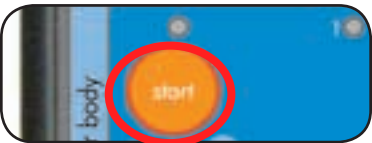
2. You may have to move your body slightly to make sure your calves comfortably fit into the leg rest sections.



3. Turn off all back massage functions.



4. Turn the air bags for the legs on. Adjust the speed to move quickly, the mode and intensity will depend on your comfort level.



# STRESS REDUCING MASSAGE

Relaxation is the best cure for stress. Techniques such as deep breathing and meditation can help in relieving stress but the most recommended stress relief technique involves relaxing the muscles through massage. The PURE THERAPY 500's massagers can aid in relaxing the muscles and in turn, relaxes the mind and body.

## For Reducing Stress:

1. Adjust the chair using the buttons for the back rest and the foot rest so that you are sitting up, with your legs elevated.



2. Make sure your spine is aligned in the middle of the back rest.



# STRESS REDUCING MASSAGE continued

3. Bring your feet up with your knees bent and insert them into the massage areas on the leg rest .



4. Turn the power to the chair on.



5. Leave the default massage on, this is an overall upper body massage.



6. With you feet inside of the leg rests massage areas, turn on the lower body massage functions. Intensity and mode will depend on comfort level. It is recommended to use a high level of intensity for a foot massage.

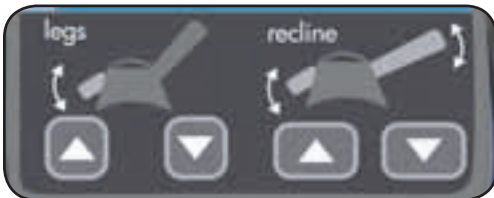


## REFLEXOLOGY MASSAGE

Many activities and occupations such as nursing, serving, and shopping can cause you to be on your feet for long periods of time. The leg rest uses air bags to apply pressure to the feet, simulating the massage technique called reflexology. Reflexology aids in relaxing the entire body and easing any pain in your feet.

### *Foot Massage:*

1. Adjust the chair using the recline buttons so that you are sitting up, with your legs up.



2. Bring your feet up with your knees bent and insert them into the leg rests massager areas.



3. Turn the back massage off.



4. With your feet in the leg rests massage area, turn on the lower body massage option. We recommend turning the massage to high intensity.



# TROUBLESHOOTING

<b>I am hearing strange noises coming from the motors chair and/or the leg stretch.</b>	<ul style="list-style-type: none"><li>The motors within the chair make regular operation noises; therefore most noises are completely normal. If the noise becomes very loud or straining, contact Pure Therapy.</li></ul>
<b>The massage rollers stopped moving during operation</b>	<ul style="list-style-type: none"><li>If you apply too much pressure on the rollers they may stop moving for safety purposes. Try to ease up on the rollers and they should start working again.</li></ul>
<b>I am unable to recline the leg rest and/or back rest</b>	<ul style="list-style-type: none"><li>Make sure there are no obstacles around the chair that can be stopping it from reclining.</li></ul>
<b>The leg rest is not turning on with the rest of the chair</b>	<ul style="list-style-type: none"><li>The leg rest functions separately from the chair. You must turn it on separately using the leg rest functions on the remote.</li></ul>
<b>The chair is not working at all</b>	<ul style="list-style-type: none"><li>Make sure it is plugged into a power source.</li><li>Make sure the switch located at the back of the chair is set to the on position.</li><li>The time may have come up, try turning the chair on with the remote again.</li></ul>
<b>There is damage to the cord and/or unit</b>	<ul style="list-style-type: none"><li>Stop using the chair immediately and do not use until repaired and inspected by a professional.</li></ul>
<b>I feel a strange pain or discomfort to my body</b>	<ul style="list-style-type: none"><li>Stop using the chair immediately and consult your doctor or physician</li></ul>

## SPECIFICATIONS

Power.....AC110-120V-60HZ  
AC220-240V-50HZ  
Measurements .....44"x26"x30"  
N.W .....172 lbs

### Specification Of Motor

Name .....VOLTAGE  
Flap Motor.....DC110V  
Knead Motor .....DC110V  
Move Motor.....AC110V  
Cylinder.....DC110V  
Pump .....AC110V

### Function

Back .....Knead,flap,knock,flap and knead together,  
auto movement of mechanical hand, Back  
cylinder  
Bottom.....Airpressure massage function  
Calf.....Airpressure massage function, calf cylinder





[www.pure-therapy.com](http://www.pure-therapy.com)